

Reflections on . . . Boundaries and Expectations

- ◆ Who watches out for me? Who sets limits for me? How well do I set limits for myself?
- ◆ Everywhere I go there are rules I'm supposed to follow. What if I disagree with the rules? Where do I have the power to change or renegotiate the rules?
- ◆ Are the adults around me good role models? In what ways?
- ◆ Do people trust me? Do I trust other people? How does trust get started? How does it get broken?
- ◆ Do others expect a lot from me? Do they ever expect too much from me? Do I expect a lot from myself?
- ◆ Do people generally expect me to succeed or to fail?
- ◆ What does it mean to be self-disciplined?
- ◆ What does it mean to have power over my life? How do I use my power for good?
- ◆ Do my friends encourage me to behave well or to behave badly?
- ◆ How fair are the consequences I received the last time I broke the rules?
- ◆ Does everyone in my school or my workplace or my home have the same rules and boundaries to live by? Are the consequences the same for everyone?
- ◆ Why can't everyone just do what they want to do?
- ◆ Am I secure enough to listen to and think about constructive criticism of my behavior? Am I sensitive and respectful when I give constructive criticism to others?